



# Kingsport Senior Center News

September 2013  
Volume XXI Edition 9  
1200 East Center Street  
Kingsport, Tennessee 37660

## Murder Mystery Dinner



See the friends of the  
Senior Center to  
purchase tickets.

Tickets can be purchased  
Tuesday, Wednesday,  
Thursday,  
Beginning on Sept 3.  
10:00am-12:00noon

Tuesday,  
September 24.

Allandale Dance  
Barn

5:30pm-7:30pm

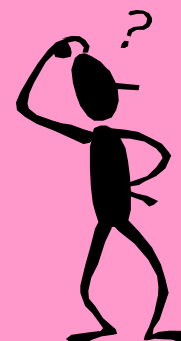
Cost: \$20.00 per  
person

Meal sponsored by  
Hamlett Dobson

"Murder at the  
Pink  
Flamingo"

### MENU:

- Pork Tenderloin
- Baked Chicken
- New Potatoes
- Green Beans
- Mac -n- Cheese
- Dinner Salad
- Dessert
- Tea
- Water
- Coffee



# Center News

### Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

### Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center is located at 1200 E. Center Street at the Renaissance Center. For more information call the Center at (423) 392-8400 <http://seniors.kingsporttn.gov>**

### Center Hours

**Monday thru Friday 8:00am ~ 7:00pm  
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site  
257 Walker Street  
Kingsport, TN 37665  
(423) 765-9047**

**Hours: 9am to 2pm ~ Monday ~ Friday  
(See Branch Site Page for more information)**

**\*The Exercise Room and Computer Lab will close 15 minutes prior to the closing of the Center.**

**Membership Dues  
For Fiscal Year  
July 1, 2013-June 30, 2014**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

**Must be at least 50 years of age to join.**

**"The Fun Begins at 50!"**

### Kingsport Senior Center Staff

Director ~ Shirley Buchanan  
shirleybuchanan@kingsporttn.gov  
392-8403

Branch Coordinator ~ Cindy Price  
cindyprice@kingsporttn.gov  
392-8402

Program Leader ~ Michelle Tolbert  
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392-8404

Wellness Coordinator ~ Kevin Lytle  
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392-8407

Program Leader ~ Marlana Williams  
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392-8405

Secretary ~ Marsha Mullins  
marshamullins@kingsporttn.gov  
392-8400, **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson  
janewhitson@kingsporttn.gov  
392-8406

Program Assistant ~ Amber Quillen  
amberquillen@kingsporttn.gov  
343-9713

Nutrition Site Manager ~ Sona Bingham  
246-8060

**The center will be closed on Saturday, August 31, 2013 and Monday, September 2, 2013 for Labor Day Holiday.**

# WELLNESS

## WELLNESS SEMINARS

**Diabetes:** Megan Richardson, Pharm.D., Pharmacy Manager with Walgreens will be at the Center on **Tuesday, September 10, 2013** at 12:30 pm in the Card Room. Topic of discussion will be “Diabetes”: This seminar will discuss how to use your blood glucose meter, how to use your lancing device and test strips. She will also discuss the different medication for diabetics and how to get your numbers down. This program will offer ideas for changing the course you are on.

**Unlocking the Powers of Your Brain:** Dr. Christina Christiansen, Chiropractic Physician, will be at the Center on **Tuesday, October 15, 2013** at 10:30 am in the Card Room. Topic of discussion will be “Unlocking the Powers of Your Brain. What if you could have better focus, attention, and memory? Want to change your thought patterns and behaviors to rid yourself of bad habits, destructive thoughts, or change emotionless reactions? Did you know that your brain controls your anxiety, emotional stability and your heart rate! Learn how we can unlock our mind to change the nature of these reactions without the use of medication. Please join Dr. Christina Christiansen for an informal educational experience into the powers of your brain and how to have an immediate impact without the use of prescription medication.

**Medicare Open Enrollment:** Megan Richardson, Pharm.D., Pharmacy Manager with Walgreens will be at the Center on **Tuesday, October 8, 2013** at 12:30 pm in the Card Room. Topic of discussion will be “Medicare Enrollment”: This seminar will discuss Medicare open enrollment and help you determine whether or not your current Medicare coverage is working for you. Also she will discuss if you are enrolled in Medicare Advantage plan or Part D prescription drug plan, and you feel that you may receive adequate or better health care at the same or a lower premium by switching your plan. The next Medicare open enrollment period will be from October 15th through December 7th, 2013. Changes will take effect on January 1st, 2014.

**Sugar Substitutes and Other Diet Foods:** Lisa Gilreath, RD, LDN, CDE will be at the Center on **Thursday, November 7, 2013** at 12:30 pm in the Card Room. Topic of discussion will be “Sugar Substitutes and Other Diet Foods”: This seminar will discuss are sugar substitutes right for you and are they safe? Sugar-free, low-fat, low-carb, reduced sodium....what do all these terms mean? She will also discuss these questions and answer yours

## STEEP, THEN REAP

Here’s some news that’s easy to swallow: Israeli researchers who reviewed 18 studies report that ***green tea may fight, bad breath, and oral cancer.*** According to the findings, published in the Archives of Oral Biology, green tea’s benefits boil down to its powerful polyphenols. We recommend drinking up to three

## Shuffleboard Tournament

We invite all shuffleboard players to show off your skills on **Friday, September 6, 2013** at 9:30 am. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. We will only use one side of the score board. Cost is \$2.00 per person due day of tournament. We will need at least 10 to sign up for tournament to be played. Stop by the office and sign up.

## Flu Vaccine Clinic

Walgreens Pharmacy will be offering a Flu Vaccine Clinic on **Thursday, September 18, 2013** from 9:00 am to 11:00 am in the hallway Billiards Room side. Medicare part B and TNCARE are going to cover the influenza vaccine this year at no charge to the patient, pneumonia vaccine will be available and is covered by Medicare. Without any insurance the current retail prices of the vaccines are:

- **Influenza: \$25.00**
- **Pneumonia: \$85.00**

You must bring in your insurance card (Medicare, etc.) so that we may record the information and bill accordingly. Walgreens will also verify patient medical/immunization history, provide information on all vaccine types, give the patient an immunization card for his/her reference, and provide the immunization information to the clients primary care physician. Stop by the office to sign up, walk-ins are welcome.

## UNTREATED HEARING LOSS

Dr. Carol R. Runyan, AuD, Audiology Field Staff TN/VA will be at the Senior Center on **Thursday, October 17, 2013** in the Card Room at 12:30 pm. Topic of discussion will be “Untreated Hearing Loss”. This wellness seminar will discuss the effects of untreated hearing loss in seniors and how it can be perceived as Alzheimer’s disease due to the negative effects of hearing loss on communication. Dr. Runyan will also be doing free hearing test after for anyone interested, sign up starts on Wednesday, September 11, 2013, but walk-ins are welcome.

## ARTERY OPENER

Load up your diet with vegetables, fruits, and whole grains and you may stop a mankiller. A study from the Netherlands reports that ***eating an extra 2 or 3 grams of fiber a day may help prevent arterial stiffness,*** a risk factor for stroke and heart disease later in life. Fiber may help reduce the inflammation that can cause the walls of your arteries, specifically your carotid artery, to become less elastic, according to the study. The kicker: You’ll find that extra fiber in just an apple a day.

***\*APPLE-ARUGULA SALAD:*** *Start with* 1 apple, cored and chopped, *Toss with* a big handful of arugula, 2 Tbsp each of chopped walnuts and crumbled blue cheese, 1/4 tsp of minced garlic, and a drizzle each of balsamic vinegar and olive oil.

# Daily Activities and Classes at the Center

## Monday

SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Quilting ~ 9:00 ~ Room 303  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Happy Day Singers ~ 9:45  
Clay ~ Hand building ~ 10:00 ~ Ceramic Room  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Knitting ~ 1:00 ~ Room 303  
Table Tennis ~ 1:00 ~ Gym  
Volleyball ~ 4:00 ~ Gym

## Tuesday

Massage Therapy ~ 9:00-2:00 ~ Multipurpose Room ~ (appointment only)  
Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Room  
Strength Training ~ 9:30 ~ Gym  
Basket weaving ~ 9:30-12:30 ~ Room 303  
Renaissance Strings ~ 10:00 ~ Atrium  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Dulcimer ~ 11:00 ~ Atrium  
Laughter Yoga ~ 11:00 ~ Room 302  
Good Neighbors ~ 12:15 ~ Lounge  
Jam Session ~ 12:30 ~ Cafeteria  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Salsa ~ 1:30 ~ Room 302  
Basketball ~ 4:00 ~ Gym  
Ballroom Video Class ~ 4:30pm ~ Room 302

## Wednesday

SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Clay ~ Hand building ~ 10:00 ~ Ceramic Room  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Clogging ~ 11:15 ~ Room 302  
Hand and Foot Card Game ~ 12:30 ~ Card Room

Table Tennis ~ 1:00 ~ Gym  
Belly Dancing ~ 1:00 ~ Room 302

## Thursday

Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Strength Training ~ 9:30 ~ Gym  
Beginning Clogging ~ 10:00 ~ Room 302  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Belly Dancing ~ 11:30 ~ Room 302  
Good Neighbors ~ 12:15 ~ Lounge  
Jam Session ~ 12:30 ~ Cafeteria  
Volleyball ~ 1:00~ Gym  
Salsa ~ 1:30 ~ Room 302  
Pickleball ~ 4:00 ~ Gym

## Friday

SilversSneakers Classic~ 8:15 ~ Gym  
Genealogy Group ~ 9:00 ~ Computer Lab  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Pickleball ~ 1:00 ~ Gym  
Bridge Group ~ 1:00 ~ Card Room  
Mahjong ~ 1:30 ~ Multipurpose Room

## Saturday

Basketball ~ 9:00 ~ Gym  
Table Tennis ~ 10:30 ~ Gym

## Lap Swim

Lap swim will be located at the new Aquatics Center beginning on  
Monday, September 2, 2013.  
**(Aquatics Center will be opened)**  
  
Monday-Friday– 10:00am-12:00pm  
  
Locker room available and warm pool.  
  
Must bring senior center ID card for free admission.

TRAVEL AND SPECIAL EVENTS	
<p><b><u>Basic Beginner Painting Class</u></b></p> <p>Friday, September 20, 2013 1:00pm-4:00pm Room 303</p> <p>Cost: \$20.00 paid to instructor first day of class.</p> <p>Instructor: Anne Thwaites</p> <p>See supply list and picture in display case located on the billiard side hallway. This workshop will focus on a floral still life painting. Students will be shown how to take a painting from beginning sketch to finished picture. Maximum of 10 people <b>Sign up began August 20.</b></p>	<p><b><u>Beginner West Coast Swing Dance Workshops</u></b></p> <p>Wednesday, October 2 and Wednesday, October 9, 2013</p> <p>2:30pm-4:30pm Room 302</p> <p>Cost: \$20.00 payable to instructor first day of class.</p> <p>Instructor: Lance Halverson</p> <p><b>Sign up began August 16.</b></p>
<p><b><u>AARP Safe Driving</u></b></p> <p>Wednesday, September 25 and Friday, September 27, 2013</p> <p>9:00am-1:00pm</p> <p>Room 230</p> <p>Cost: \$12.00 AARP Members \$14.00 Non-Members</p> <p><b>Sign up began August 26.</b></p>	<p><b><u>Art Appreciation Seminar With Sculpture Walk Tour</u></b></p> <p>Friday, October 24, 2013 9:00am-1:30pm Room 239</p> <p>Bring a lunch and eat at the center.</p> <p>12:30 leave for sculpture walk (bus).</p> <p>Come back and tour gallery here.</p> <p>Maximum of 40 people.</p> <p>Speaker: Dr. Josh Reid</p> <p><b>Sign up begins September 13.</b></p>

TRAVEL AND SPECIAL EVENTS

Dial ‘M’ for Murder

Thursday, October 10, 2013

Barter Theatre

10:30am-5:30pm

Cost: \$32.00

Lunch on your own at Red Lobster

Washed up tennis pro Tony Wendice thinks he has hatched the perfect plan to get rid of his wealthy wife Margot. But when the murder is botched, the story takes an unexpected turn, and the audience is left breathless as Tony tries to out maneuver the police and Margot’s suspicious lover. A classic thriller that has been a hit on stage and in film.



Sign up begins  
September 5.

“A Visit from Scarface”- A Comedy

Thursday, October 24, 2013

Barter Theatre Stage II

10:30am-5:30pm

Cost: \$32.00

Lunch on your own at Ruby Tuesday

From the comedic duo who brought us *Don't Cry for Me, Margaret Mitchell*; *Dracula Bites*, and *Elvis Has Left the Building!*

It’s 1930, and successful screenwriter Ben Hecht is in a pickle. He's just written a script for the movie *Scarface*, inspired by real-life gangster Al Capone.

It's guaranteed to be a hit, if Capone's hit-men don't get him first! The jokes fly fast and thick in this hilarious new comedy as Hecht tries to duck gangsters on one hand and the Hollywood censors on the other.



Sign up begins  
September 10.

Old Mill Shopping & Lunch

Tuesday, October 22, 2013

Pigeon Forge, TN

9:00am-4:30pm

Cost: \$8.00

Lunch on your own!

Shops and Restaurants Featured:

The Old Mill Restaurant, The Old Mill & General Store, The Old Mill Pigeon River Pottery, Sassafras, Old Mill Farmhouse Kitchen, Old Mill Toy Bin, Old Mill Creamery, Old Mill Candy Kitchen, Old Mill Pottery House Café & Grille.

Sign up begins September 13.

Asheville Mall Shopping

Friday, October 11, 2013

Asheville, NC

8:30am-6:00pm

Cost: \$8.00/Lunch on your own

Sign up begins September 11.

# Your Page

## From the Dancing Corner

No dance in September

## Night Club Two Step Dance Workshops

Wednesday, September 18 and  
Wednesday, September 25, 2013

2:30pm-4:30pm  
Room 302

Cost: \$20.00 payable 1st day of class to instructor.

Instructor: Lance Halverson

This will be a continuation of the workshops that were held in July.

**Sign up began August 16.**

## United Healthcare Q/A

Tuesday, September 17, 2013  
12:00pm-2:00pm  
Room 239

No sign up required.

Refreshments and goodies provided.

## Massage Therapy

Tuesdays with Cheryl Merrican Call 423– 791-4222  
and

**\*NEW additional day — Mondays, beginning  
September 9th with Barbara Keesecker  
(9:00am-3:00pm) call 423 - 735-7475**

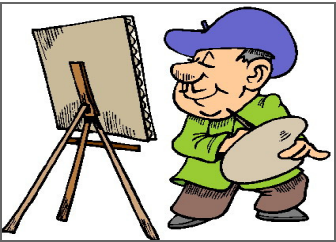
30 minute massage  
Cost: \$15.00

## Bob Ross Style Painting

Wednesday, September 18, 2013  
10:00am-2:00pm  
Room 303

Cost: \$50.00 payable at sign up  
Supplies provided!

**Bring your lunch!!**



**Sign up now!!**

## Celebrate Life

Thursday, September 19, 2013  
Multipurpose Room  
4:30pm-5:30pm

This is a support group who share life experiences

## Tuesday Jam Session

Tuesday, September 10, 2013  
12:30pm-1:30pm  
Cafeteria

Playing rock, blues, folk and country music  
Musicians/singers needed!



NEWS TO USE

Trunk Sale

Friday, September 13, 2013  
Front Parking Lot  
8:00am-Noon  
Free

Reservations began August 13.

Gourd Bird House with Michelle Howe

Friday, September 27, 2013  
9:30am-1:30pm  
Room 303

Cost: \$45.00 pay to instructor day of class.

Materials supplied: Gourd, shingles for roof, raw umber, light/dark yellow, light/dark green, red and blue.

Materials to bring: Craft paint-black/white/burn sienna, glue gun and glue sticks, Paint brushes: 1 inch flat, round brush and liner brush, sea sponge.



Sign up begins September 3.

A Tasty Treat from Marsha

Blueberry Biscuits

(similar to Bojangles Bo Berry biscuits)

Biscuits:

- 2 cups flour (I used plain flour)
- 1 cup milk (I used buttermilk)
- 1/3 cup sugar (I used organic sugar)
- 5 tablespoons butter
- 4 teaspoons baking powder
- 1 teaspoon salt
- 3 oz. blueberries, fresh, dried, or frozen (If I frozen are used, I would use a few less of let them thaw and drain as it may make the dough too wet)


Glaze:

- 1 cup powdered sugar
- 1/8 cup water
- 1 teaspoon vanilla
- 1/2 teaspoon lemon juice

Directions:

Freeze butter. Preheat oven to 450 degrees. Mix salt, sugar, flour, and baking powder in a bowl and sift. Add the cold milk into the dry ingredients and mix. As dough begins to form, use a cheese grater to grate frozen butter evenly over the dough. (I just used a knife and cut in small pieces.) Fold dough, and knead; repeat until all butter is spread evenly throughout dough (If dough is too sticky, may need to add a bit more flour.) Fold in blueberries. Gently pull off chunks of dough and pat to form biscuits. Place on ungreased cookie sheet or cake pan. Bake for about 7-12 minutes (until golden brown). Melt 1 tablespoon butter and paint finished biscuits with pastry brush. Mix glaze and drizzle over the biscuits. Enjoy!!!



<p style="text-align: center;"><b><u>Computer Classes</u></b></p> <p style="text-align: center;"><b>Must sign up in advance of first class</b></p> <p><b>Basic Computer</b> Thursday, Sept. 12, 19, 26 and Oct. 3, 10, 17 1:00-3:30pm \$25.00</p> <p><b>Basic Internet</b> Tuesday, Oct. 8, 15, 22, 29 1:00-3:30pm \$25.00</p> <p><b>Microsoft Word</b> Monday, Oct. 21, 28, Nov. 4, 11 9:00-11:00am \$25.00</p> <p><b>e-Bay</b> Thursday, Oct.16 All day, 9:00-11:00am and 1:00-3:30pm \$10.00</p> <p>Please put your name on the list in the office if you are interested in these classes. They will be held when enough participants are on the list. <b>Computer lab is available for use unless a class is scheduled.</b></p>	<p style="text-align: center;"><b><u>Generations Online Internet Class</u></b></p> <p style="text-align: center;">Mondays, Wednesdays and Fridays 1:00pm - 5:00pm</p> <p>This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. “Peer Coach” - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you. Please call 392-8433.</p>
<p><b>Laptops vs. Desktops: advantages/disadvantages of each, how to make the right selection, the types of operating systems to choose from and how to maintain those systems.</b> Saturday, September 14 9:30-11:30am Jamie Cyphers \$10.00 paid to instructor day of class</p> <p><b>iPad Class: learn to operate an iPad</b> <b>*Requirement, bring iPad to class*</b> Saturday, September 21 9:30-11:30am Jamie Cyphers \$10.00 paid to instructor day of class</p> <p><b>Communicating and Sharing: Online Multi-Media (photos/music/videos/writing)</b> Saturday, September 28 9:30-11:30am Jamie Cyphers \$10.00 paid to instructor day of class</p> <p><b>Call the Senior Center office to sign up</b></p>	<p style="text-align: center;"><b><u>Manicures</u></b></p> <p style="text-align: center;">Provided by DB Cosmetology students Tuesday, September 10, 2013 Appointments are 11:30 a.m.—1:30 p.m. 1 Hour appointments Cost: \$2.00, paid to manicurist Sign up in the senior center office</p> <hr/> <p style="text-align: center;"><b>KARAOKE</b></p> <div style="display: flex; align-items: center; justify-content: center;">  <div style="margin-left: 10px;"> <p style="font-size: 1.2em;"><b>Tuesday, September 17, 2013</b></p> </div> </div> <hr/> <p style="text-align: center;"><b>Genealogy Group</b></p> <p style="text-align: center;">9:00am Friday’s Computer lab</p> <hr/> <p style="text-align: center;"><b>Library Book Day</b></p> <p style="text-align: center;">Thursday, September 19, 2013</p>

Fall Classes 2013		
<p><b>Aerobics</b></p> <ul style="list-style-type: none"> <li>Monday, Wednesday, Friday (ongoing)</li> <li>Time: 9:15am - 10:00am</li> <li>Location: Gym</li> <li>Instructor: Terri Farthing</li> <li>Lo-hi Impact Aerobics</li> </ul> <p><b>Ballroom Video Class</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 4:30pm - 6:30pm</li> <li>Room 302</li> </ul> <p>No instructor, practice to own</p> <p><b>Basic Woodworking</b></p> <ul style="list-style-type: none"> <li>Tuesday / Thursday</li> <li>Starts September 10th</li> <li>9:00 am— 11:00 am</li> <li>Location: Wood shop</li> <li>Instructor: Howard Osborne</li> <li>Fee: \$50.00</li> <li>Will create 3 — 4 wood projects in 6 weeks</li> <li>Materials needed will be determined 1st class meeting</li> <li>Sign up in senior center office</li> </ul> <p><b>Basket weaving</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 9:30am - 12:30pm</li> <li>Location: Room 303</li> <li>Instructor: Lynne Bowers</li> </ul> <p><b>Belly Dance for Beginners (Women Only)</b></p> <ul style="list-style-type: none"> <li>Thursday</li> <li>Time: 11:30am-12:30pm</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> </ul> <p>Must have 8 for class to begin. Please sign up at office.</p>	<p><b>Belly Dancing - (Women Only)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 1:00pm</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> <li>Great for your abdominals</li> </ul> <p><b>Camera Club</b></p> <p>Please visit website for meeting times Instructor: Claude Kelly Website: <a href="http://www.scphotogroup.com">www.scphotogroup.com</a></p> <p><b>Ceramics</b></p> <ul style="list-style-type: none"> <li>Tuesday and Thursday</li> <li>Time: 9:00am - 11:30am</li> <li>Location: Ceramic/Clay Studio</li> <li>Instructor: Mary Lamson</li> <li><b>Please remember your annual \$10 firing fee</b></li> </ul> <p><b>Clay (Hand building)</b></p> <ul style="list-style-type: none"> <li>Monday</li> <li>Time: 10:00am-3:00pm</li> <li>Location: Ceramic Room</li> <li>Instructor: Aleta Chandler</li> <li>Fee: \$30.00, plus \$10.00 firing fee</li> </ul> <p><b>Clay (Intermediate Hand building)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 10:00am-3:00pm</li> <li>Location: Ceramic Room</li> <li>Instructor: Aleta Chandler</li> <li>Fee: \$30.00, plus \$10.00 firing fee</li> </ul>	<p><b>Clogging - (Beginning)</b></p> <ul style="list-style-type: none"> <li>Thursday</li> <li>Time: 10:00am-11:30am</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> <li>Must have 8 new beginners</li> <li>Sign up in office</li> </ul> <p><b>Clogging - (Intermediate)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 11:15am</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> </ul> <p><b>Dulcimer (Beginners)</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 11:00am</li> <li>Location: Atrium</li> <li>Instructor: Sharon McCurry</li> <li>Learn to play this beautiful Instrument</li> </ul> <p><b>Exercise for Everybody</b></p> <ul style="list-style-type: none"> <li>Tuesday &amp; Thursday</li> <li>Time: 10:30am</li> <li>Location: Gym</li> <li>Instructor: Kevin Lytle</li> </ul>

Fall Classes 2013		
<p><b>Good Neighbors</b></p> <ul style="list-style-type: none"> <li>• Tuesday and Thursday</li> <li>• Time: 12:15pm</li> <li>• Location: Lounge</li> <li>• Staff</li> <li>• Guest speakers, trips, bingo and fellowship</li> </ul> <p><b>Happy Day Singers</b></p> <ul style="list-style-type: none"> <li>• Monday</li> <li>• Time: 9:45am</li> <li>• Inspirational singing at nursing homes</li> </ul> <p><b>Jam Session</b></p> <ul style="list-style-type: none"> <li>• Tuesday &amp; Thursday</li> <li>• Time: 12:30 noon</li> <li>• Location: Cafeteria</li> </ul> <p><b>Karaoke</b></p> <ul style="list-style-type: none"> <li>• 3rd Tuesday each month</li> <li>• Time: 4:00pm</li> <li>• Location: Cafeteria</li> <li>• Bring a snack</li> </ul> <p><b>Knitting Class</b></p> <ul style="list-style-type: none"> <li>• Monday</li> <li>• Time: 1:00 - 3:00pm</li> <li>• Location: Room 303</li> <li>• Instructor: Barbara White</li> <li>• All skill levels</li> </ul> <p><b>Lap Swimming</b></p> <ul style="list-style-type: none"> <li>• M-F</li> <li>• Time: 10:00am-Noon</li> <li>• Location: Aquatics Center</li> <li>• No instructor, lap swimming</li> <li>• Locker room and warm water pool available for use.</li> </ul> <p><b>Mahjong</b></p> <ul style="list-style-type: none"> <li>• Friday</li> <li>• Time: 1:30pm</li> <li>• Location: Multipurpose Room</li> <li>• Instructor: Jean Change</li> <li>• Beginners to Advanced players</li> </ul>	<p><b>Mini Cardio Exercise Class</b></p> <ul style="list-style-type: none"> <li>• Tuesday &amp; Thursday</li> <li>• Time: 8:45am - 9:15am</li> <li>• Room: 302</li> <li>• Instructor: Roger Hixson</li> </ul> <p><b>Quilting</b></p> <ul style="list-style-type: none"> <li>• Monday</li> <li>• Time: 9:00am - 10:30am</li> <li>• Location: Room 303</li> <li>• Instructor: John Plutchak</li> </ul> <p><b>Renaissance Strings</b></p> <ul style="list-style-type: none"> <li>• Tuesday</li> <li>• Time: 10:00am - 11:00am</li> <li>• Location: Atrium</li> <li>• Instructors: Lucile Hincke and Jan Fenelon</li> </ul> <p><b>Sewing Machine Basics</b></p> <ul style="list-style-type: none"> <li>• Begins Monday, September 9</li> <li>• 6 week class on Monday's</li> <li>• Time: 11:00am-12:30pm</li> <li>• Location: Room 303</li> <li>• Instructor: John Plutchak</li> <li>• Cost: Free for Senior Members.</li> <li>• Bring thread, scissors, sewing machine. Will make tote bag and an apron.</li> </ul> <p><b>SilverSneakers Classic</b></p> <ul style="list-style-type: none"> <li>• Monday, Wednesday &amp; Friday (ongoing)</li> <li>• Time: 8:15am - 9:00am</li> <li>• Location: Gym</li> <li>• Low Impact Aerobics</li> <li>• Instructor: Terri Bowling</li> </ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"> <li>• Monday, Wednesday &amp; Friday</li> <li>• Time: 10:15am - 11:00am</li> <li>• Location: Gym</li> <li>• Instructor: Terri Farthing</li> </ul>	<p><b>Strength Training</b></p> <ul style="list-style-type: none"> <li>• Tuesday, Thursday</li> <li>• Time 9:30am - 10:30am</li> <li>• Location: Gym</li> <li>• Instructor: Kevin Lytle</li> </ul> <p><b>Tai-Chi</b></p> <ul style="list-style-type: none"> <li>• Monday &amp; Wednesday</li> <li>• Time: 8:30am</li> <li>• Location: Senior center, Room 310</li> <li>• Instructor: Hang Lei</li> </ul> <p><b>Woodcarving</b></p> <ul style="list-style-type: none"> <li>• Thursdays</li> <li>• Time: 9:00am - 12:00 noon</li> <li>• Location: Room 303</li> <li>• Beginners welcome</li> </ul> <p><b>Woodshop</b></p> <ul style="list-style-type: none"> <li>• Monday, Wednesday, Friday</li> <li>• Time: 9:00am-2:00pm</li> <li>• Location: Woodshop</li> <li>• Volunteer Instructors</li> <li>• Complete woodshop. Safety test required.</li> </ul> <p><b>Zumba</b></p> <ul style="list-style-type: none"> <li>• Tuesday and Thursday</li> <li>• Time: 8:15am</li> <li>• Location: Gym</li> <li>• Instructor: Terri Bowling</li> </ul>

# Fall 2013 BRANCH SITE SCHEDULE

**Core Conditioning**

- Tuesday and Thursday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

**Beginning Drawing**

- Wednesday
- Time: 10:00am - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

**Advanced Drawing**

- Wednesday
- Time: 9:00am –11:00am
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

**Line Dance - Beginning**

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell

**Line Dance - Intermediate**

- Monday
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.

**Advanced Yoga**

- Tuesday and Thursday
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC Rec. Room
- Instructor: Tish Kashdan

**Private Personal Training with Chris**

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

**Artist and Crafters Monthly Breakfast**

- Tuesday, September 10
- 9:30am
- Lynn View Branch Site
- Please call for reservation 765-9047

**Strength Training**

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

**Yoga**

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

**Zumba Fitness**

- Tuesday 10:45am
- Location: Lynn View Branch Site
- Instructor: BJ Goliday
- Minimum of 8 students required

**SilverSneakers Muscular Strength and Range of Movement**

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

**Piloxing**

- Tuesday and Thursday
- Time: 9:30am
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

**Total Body Workout**

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2

**Game Day**

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

**Pickleball**

- Monday, Wednesday & Friday
- Time: 1:00pm - 3:00pm
- Lynn View Branch Site

**Ageless Grace**

- 6 week class
- Wednesday
- Time: 11:30am
- Location: Colonial Heights Baptist Church
- Instructor: TBA




**Indoor Walking**

- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

**Artists Wanted**

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information. Cindy at 423 392-8402 or Diane at 423 765 9047.

Visit our website  
[www.kingsportseniorartisancenter.com](http://www.kingsportseniorartisancenter.com)  
And like us on Face book

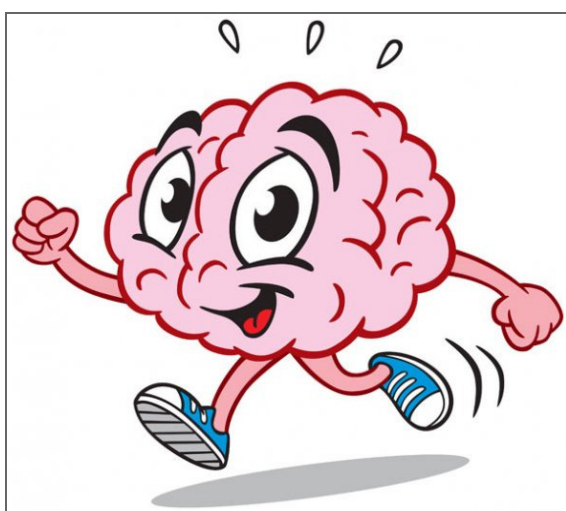
<div data-bbox="108 475 677 615">  <p><b>Kingsport</b> <b>Adult Education</b></p> </div> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p><b>JOB SKILLS</b></p> <div data-bbox="124 1174 514 1442">  </div> <p><b><u>21ST CENTURY JOB SEEKING *NEW</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks</li> <li>• Fee \$100</li> <li>• Instructor: Jamie Cyphers</li> <li>• Wednesday 6:00pm - 8:00pm</li> <li>• Location: Computer Lab, Senior Center</li> <li>• Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview</li> </ul> <p><b><u>2008 National Electric Code (Commercial) Begins 9/23/13</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee: \$70</li> <li>• Monday 6:00pm - 8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul> <p><b><u>2008 National Electric Code (Residential) Begins 1/13/14</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee \$70</li> <li>• Monday 6:00pm-8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul>	<p><b><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></b></p> <ul style="list-style-type: none"> <li>• Part I</li> <li>• 10 Weeks</li> <li>• Fee: \$165</li> <li>• Tuesday 6:00pm - 9:00pm</li> <li>• Instructor: Jim Dotson</li> <li>• Location: Multipurpose Room, Renaissance Center</li> </ul> <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.</p> <p><b><u>CULTURAL/ARTS/CRAFTS</u></b></p> <p><b><u>Card Making Workshop</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: TBA</li> <li>• Fee: \$10/includes materials</li> <li>• Location: Lynn View Community Center</li> </ul> <p>You will make five cards and take materials home to make five additional cards.</p> <p><b><u>Sewing Machine Basics</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks class</li> <li>• Monday, 11:00am-12:30pm</li> <li>• Beginning on September 9.</li> <li>• Fee: \$20; Senior Center Members FREE</li> <li>• Instructor: John Plutchak</li> <li>• Location: Room 303 Renaissance Center</li> </ul> <p>Bring thread, scissors, sewing machine. You will make a tote bag and an apron.</p> <p><b><u>HEALTH/EXERCISE</u></b></p> <p><b><u>Beginning/Intermediate Golf Clinic</u></b></p> <p>Date: August 19-23 Time: 5:30 p.m. - 7:30 p.m. daily Fee: \$60 Location: Warriors Path Golf Course Instructor: Dane Voss</p> <p>If you are a beginner or have played for a while and need to fine tune your game, this clinic is for you. It will cover all aspects of the golf game including grip, stance, full swing, and short game. The instructor just finished a summer internship at the famous IMG/David Leadbetter Academy. Get your game ready for fall!</p> <p><b><u>Personal Training with Chris</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: Chris Hicks</li> <li>• Available by the hour or as package</li> <li>• Contact Chris (423-741-5643)</li> </ul>	<p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks (Begins September 12)</li> <li>• \$25 fee per session</li> <li>• Thursday, 5:15pm</li> <li>• Instructor: Becky Mills</li> <li>• Location: Lynn View Community Center, Cafeteria</li> </ul> <div data-bbox="1479 773 1856 1196">  </div> <p><b><u>Piloxing</u></b></p> <ul style="list-style-type: none"> <li>• Tuesday, 6:00pm (Begins Sept 12)</li> <li>• Instructor: Becky Mills</li> <li>• Limited to 15 participants</li> <li>• \$30.00 payable first night of class</li> </ul> <p><b><u>DANCE CLASSES</u></b></p> <p><b><u>Beginning Line Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks class (Begins Sept 12)</li> <li>• Fee: \$25</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Thursday, 6:30pm - 8:00pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Couples Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks class (Begins Sept 11)</li> <li>• Dates same as Line Dance</li> <li>• Fee: \$25 or free if you take Line Dance class</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Wednesday, 6:30pm - 8:00pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Salsa Dance</u></b></p> <ul style="list-style-type: none"> <li>• 4 weeks class (Begins 9/10/13)</li> <li>• Fee: \$10 each class</li> <li>• Tuesday and Thursday</li> <li>• Time: 1:30pm</li> <li>• Room 302, Renaissance Center</li> <li>• Instructor: BJ Goliday</li> </ul> <p>* Call for starting dates where not listed.</p>
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## Dakim Brain Fitness at the Kingsport Senior Center

The Senior Center has purchased a new Brain Fitness program for our members.

With help from the Area Agency on Aging health promotion monies we were able to purchase a new system that includes a touch screen and the software to run it. This evidence based system will help delay the onset of early Alzheimer's and other dementia and it is loads of fun. You don't realize that your brain is getting a workout because it is so much fun. We have the availability to sign up 100 participants to utilize this system. If you are interested in trying it out and getting registered to use it, Marlana Williams or one of our staff members will be available in the month of September from 1:00- 3:00 every day Monday thru Friday. We will do this registration process in the computer lab and it will only take about 5 minutes to register. Once you are registered you will be able to use the system at your convenience. We only have one set of earphone at this time so you may want to bring your own earphone to use. Please come out and enjoy this new program at the Center and give your brain a workout!



***Exercise your brain!!***



# Did You Know??

The average driver will spend \$22,000 on gas during their cars lifetime.

In China, you can hire someone to stand in line for you for \$3 an hour.

J.K Rowling (author of the Harry Pottery book series) makes about \$8 every second.

Candles will burn longer and drip less if placed in the freezer a few hours before use.

There is no state in the U.S. where a 40-hour, minimum wage work week is enough to afford a 2 bedroom apartment.

Dieting raises levels of hormones that stimulate appetite, causing your brain to magnify food craving.

The average Russian drinks 18 liters, or nearly 3 gallons of pure alcohol each year.

Jingle Bells was the first song played in space.

According to Congress, pizza sauce is now considered a vegetable in the U.S.

Cats rub their faces against objects to claim them as their territory.

Approximately 80% of a child's intelligence is acquired from the mother.

Russia didn't consider beer an alcoholic beverage until 2011. Before then, any drink under 10% volume was considered a soft drink.

McDonald's ketchup and Taco Bell hot sauce can be used to clean dirty pennies.

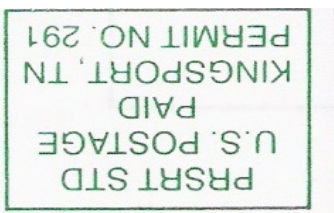
The shortest and hardest tongue twister is: "Toy Boat" (Try saying it 5 times fast).

Bulletproof vests, fire escapes, windshield wipers and laser printers were all invented by women.

It actually costs 6 cents to make a nickel.

If you have gum stuck on your clothes, you can boil vinegar, pour it on, then scrub it off—The gum will come off almost instantly.

Someone who weights 150 lbs on Earth would weigh 354 lbs on Jupiter.



**Kingsport Senior Center  
1200 E. Center Street  
Kingsport, TN. 37660  
Phone: 423-392-8400**

## **Book Group: The Amulet**

### **A Christian Thriller**

The Amulet is a three-part Christian Thriller. Inspired by the classic film, Raiders of the Lost Ark, the novel required 4 years to write. The Amulet is a rollercoaster ride of a tale— taking the reader on a captivating journey through a labyrinth of settings and dialogue no less than chilling, powerful, provocative and, to be sure, spiritual and uplifting.

**Thursday, September 26, 2013**

**10:30am-11:30am**

**Location: TBA**

**Author: Dean Klein**

**Sign up began August 26.**

